

# How to Make Oatmeal Bread

## Healthful to Eat—Saves the Wheat

- 1 cup flour
- 1 1/2 cups corn meal
- 1 teaspoon salt
- 5 teaspoons Royal Baking Powder
- 2 tablespoons sugar
- 1 cup cooked oatmeal or rolled oats
- 2 tablespoons shortening
- 1 1/2 cups milk
- No eggs

Sift together flour, corn meal, salt, baking powder and sugar. Add oatmeal, melted shortening and milk. Bake in greased shallow pan in moderate oven 40 to 45 minutes.

This wholesome bread is easily and quickly made with the aid of

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## FOOD WILL WIN THE WAR

### PINE GROVE

Mrs. A. J. Grow, who has been confined to her home for several weeks on account of illness, is out again, we are glad to note.

Mr. and Mrs. Isaac Jeffries returned from California last week Wednesday, after an absence of six weeks.

Harold Blackman was home from Fort Stevens on furlough over the week end. He and his wife, who came from Klondike, visited with the home folks.

Mr. and Mrs. Mark Cameron and son, Virgil, of Hood River, were callers at the Jarvis home Sunday afternoon.

Mrs. P. R. Laraway is still with her sister at Eugene. Adah Laraway is keeping house for her father this week.

Roy Mans returned to his work the early part of last week. Mrs. Mans will remain with her parents some time longer.

J. O. Mark and family made an auto trip on the Columbia Highway Sunday afternoon.

E. E. House is erecting a substantial residence on his property near Pine Grove. Walter Wells has the work in charge.

Several from the community attended the spelling bee at Hood River last Saturday evening and enjoyed the exercises.

The county Sunday school convention will be held at Pine Grove about the middle of May.

The auxiliary to the Red Cross will meet as usual Thursday.

Next Sunday will be Easter Sunday. Sunday evening there will be a missionary service including a lecture and lantern slides. Subject, "Cross vs. Crescent." It promises to be very interesting and merits a full house.

Last Sunday morning before the beginning of the regular services Elmer House gave a ten minute talk on a subject of interest to all. These talks are a pleasant feature of our meetings, as also the continuation of the Bible stories for the children by the pastor.

Last Sunday afternoon a quiet and pretty wedding was solemnized at the home of Mr. and Mrs. A. L. Mason, when they gave away their daughter, Joy, in marriage to Fred Tooley, of Oriley. The ceremony was performed by Rev. E. C. Newham. Only the near relatives of the contracting parties were present, with the exception of Mrs. Joe Varnier, a close friend of the bride. After the wedding dinner the happy couple left on the evening train for The Dalles, where they intend making their home for the summer. The best wishes of a host of friends will follow them wherever they may go. The other guests at the wedding were Mrs. C. E. Tooley, mother of the groom; Mr. and Mrs. R. M. Mann and Master Elwyn Mann, of Portland, and Mrs. Roland Wylie, of Hood River.

### BELMONT

Mr. and Mrs. Vaughn and family, newcomers in our neighborhood, have rented the Osmond ranch and are nicely settled there. We are glad to welcome them among us.

We were pleased to hear that one of the boys from our community is making good and has been promoted. Earl Ely has been advanced to corporal. Earl is a member of Truck Co. No. 8, 22nd Engineers, and is stationed at Camp Laurel, Maryland.

F. C. Knowles spent the week end looking after his ranch interests. While here he made arrangements with Mr. Turpin to look after and take care of his ranch. Mr. Knowles has been re-elected for another year to teach in the high school at Walla Walla, Wash.

Albert Brunquist came from Portland and spent the week end with his aunt, Mrs. H. T. Regnell.

Mrs. B. E. Helfer spent a day with Mrs. Regnell. While here she was looking after the interests of their ranch in Belmont. Mrs. Helfer is visiting friends on the East Side.

Mr. and Mrs. Leon Roberts, who have been visiting Mr. and Mrs. Farrell for the past two weeks, left Saturday for Seattle, Wash., where they will visit the parents of Mrs. Roberts.

Mrs. Marsh Isenberg and daughter, Jean, came home from Portland Sunday. We hope Mrs. Isenberg's health will continue to improve.

Mrs. Archie Radloff and family are looking forward to an enjoyable visit with her mother and youngest sister, whom she expects to come this week from Portland.

The Current Events club met last Tuesday at the home of Mrs. George Galloway. Among the current events Mrs. E. J. Nicholson gave parts of a letter written by her son, Ray, who is now somewhere in France, which were very interesting. We were glad to hear about Ray and to know that he had gotten there safely. A pleasant social hour was spent. Dainty refreshments were served by the hostess. It was decided that all refreshments in the future should be dispensed with.

Mrs. Elmer Isenberg and daughter, Lois, were expected home Saturday from Clackamas, they having gone there to attend the funeral of Mrs. Isenberg's grandmother.

Marsh Isenberg sent his friend, Earl Ely, a smile book.

Mrs. Will Ely is very proudly wearing a handsome service pin sent by her son, Cpl. Ely.

Wm. Warren is on the sick list, being under the care of a physician. Mr. Warren is troubled with his heart.

Mr. and Mrs. Clayton Wentz, of Portland, intend to make their future home on their ranch.

Mr. and Mrs. Pemberton and family intend to move this week to the "Treadwell" place, lately occupied by Mrs. Neal and family. Mrs. Neal having moved to the Lanham place in the Barrett road.

Mrs. Hoagland and family have moved from Alameda Way to Brookside drive. The place they were living on has been sold to Dr. Hasbrouck.

### MOUNT HOOD.

The Sunday school will give their Easter program at the Sunday school hour, 10:30, Sunday morning. There will be Easter services Sunday evening with special music.

J. C. Davidson left last Tuesday for Canada, where he will work on a ranch.

Mace Baldwin and family were up last Sunday from Hood River, the guests of the C. W. Clark family.

C. W. Clark and daughter, Sylvia, and Mrs. A. Sandman were Hood River visitors last Monday.

Will Lenz and family spent Monday at J. B. Dimmick's home.

Mrs. J. D. Smullin and children spent several days at Hood River last week with special music.

J. B. Doggett has a crew of men working on the roads.

Clarence Hale was up from Odell last Thursday to visit his brother, Roy Hale.

W. H. Edek was a business visitor at Hood River several days last week.

Viola Jordan, Golda Clark and Howard Kitchel were out of school a part of last week on account of sickness.

The Industrial club met with Sylvia and Golda Clark Saturday afternoon.

A. C. Jordan spent Saturday with his family at Mount Hood returning to his work Sunday morning.

Films left with us up to 4 o'clock p. m. are ready for delivery the next evening Slocum & Candell Co. m22

### MOSIER.

From The Bulletin

J. O. Beldin made a trip to Hood River last week.

Mr. and Mrs. B. A. Berry were visitors last week in Hood River.

D. W. Hudson was a visitor in The Dalles Friday.

Fred Evans made a trip to The Dalles last week.

Mrs. J. E. Higley was a visitor last Friday morning in Hood River.

Henry Dunsmore was in The Dalles and Hood River last week.

S. E. Evans and son, Forrest, were visitors last week in Hood River.

Mrs. S. D. Fisher was up from Hood River this week for a short stay.

J. H. Bywater was here Tuesday from Hood River on business.

Mr. and Mrs. C. L. Joy were in Hood River the latter part of last week.

F. B. Snyder was here last week from Hood River to look after plumbing work on the Mayerdale ranch.

Mrs. Jas. Pierson, and daughter, Violet and son, T. D., spent an afternoon the latter part of last week in Hood River.

Frank R. Howard was here Friday from Hood River inspecting the lines for the Pacific States Telephone Co.

Dr. H. L. Dumble was here from Hood River last week on a professional call.

Philip Templemeier was in Hood River between trains the first of the week.

J. P. Carroll and his son, J. M. Carroll, were in The Dalles on business Wednesday.

Mrs. Nancy Hunter, who has been seriously ill for the past month, is now improving.

Miss Blanche Ross is reported to be much better since her light attack of appendicitis last week.

Wm. A. Marsh had an attack of pleurisy Wednesday night. His condition has improved now.

Mrs. Ben Sellinger and her sister, Miss Elsie Carlson, were visitors in Hood River last week.

Mr. and Mrs. Ray Bailey spent the last of the week visiting in Hood River.

C. J. Fredrickson made a trip to Hood River yesterday afternoon on business.

Miss Viva Gibson and her sister, Mrs. Brooks, were week end visitors in Portland.

Wm. A. Marsh was in The Dalles last week where he purchased a Chevrolet. He motored back with Fred Evans who drove the new car.

Mrs. Flora Morgensen, who resides in the vicinity of Tygh Valley, arrived Friday afternoon for a visit with the family of her brother, Geo. Chamberlain.

Mark A. Mayer was called to Portland Tuesday afternoon on account of the death of Mrs. I. N. Fleisher, wife of his partner in the mercantile business in Portland.

G. P. Morden came up last Friday from Portland for a short stay here on his ranch. He said that his little son and daughter, who have been very ill with pneumonia, are now much improved.

Mr. and Mrs. Fred Welch came up from Portland Tuesday where they have been during the winter. Mr. Welch will be employed here looking after the ranch interests of G. L. Davidson, of Portland.

Miss Pearl McClure, who accompanied her sister, Mrs. June Rhodes who went to Portland Wednesday, as far as Hood River, went from the latter city to The Dalles where she expects to visit at the home of her sister, Mrs. E. O. Winans, for a month.

At the regular meeting of the city council held last week, W. E. Chown was elected to the office of city recorder, made vacant by the resignation of P. L. Arthur. Mr. Chown will hold office until the general election in November of this year.

E. J. Middlewast was here from Hood River the latter part of last week. He had approximately 50 boxes of small size Newtowns stored in the apple warehouse of C. L. Joy which were not packed last fall. The apples were packed last week and shipped to a buyer.

Mrs. C. O. Perley returned Wednesday from Portland where she had been for the past three weeks visiting with Mr. and Mrs. G. P. Morden and other friends. Mrs. Perley says that the two little children of Mr. and Mrs. Morden, Gloria and Carroll, are now lots better.

Mrs. Ed. L. Howe was here the first of the week from Portland to look after her orchard interests. Mrs. Howe, who has been spending the winter in Portland, is making a trip to California before coming to Mosier to remain on her ranch for the summer.

C. L. Joy, who was in The Dalles and Hood River this week on business is planning to erect a house on his orchard tract east of the city. He contemplates beginning work as soon as possible and will build a small house this spring. He intends later to use this for a woodshed and later will erect a substantial dwelling on the place.

Mrs. June Rhodes left Wednesday morning for Portland where she will reside. She has moved her household goods to the ranch home of her mother, Mrs. W. T. McClure, for the present. Mrs. Rhodes plans on engaging in millinery. Her daughter, Florence, will remain here with her grandmother, until her school term is finished.

Kenneth McKay was here Wednesday from Hood River for a visit with Dr. C. A. Macrum and R. D. Chatfield. Mr. McKay, who formerly was manager of the Fruit Growers Exchange at Hood River, has been in the east for over six months representing the Northwestern Fruit Exchange, of Seattle.

Claude Thompson, formerly of Hood River, who is now traveling representative for the Edliffen Fuel Co., of Portland, was here this week for a visit with Mr. and Mrs. R. E. Shim. The two men are members of Sigma Alpha Epsilon, a Greek letter fraternity, at the Oregon Agricultural College.

Noble Grand J. O. Beldin has called a special meeting of the local I. O. O. F. lodge for Saturday evening, March 23, at 8 o'clock for the purpose of entertaining a delegation from Good Will lodge, I. O. O. F., White Salmon, Wn. All members are requested to attend.

The visiting fraternity will comprise a team which will conduct degree work in the local lodge chambers.

Under the direction of Chas. T. Bennett, road supervisor, workmen are busy constructing a concrete culvert to be used across the gage which the Fisher bridge now crosses. The bridge will be eliminated and a fill made in its place. The country truck is expected here from The Dalles for that purpose.

### KEEP THE GERMANS AWAY, SAYS WOMAN

Hood River, Ore., March 26, 1918.

Editor Glacier: After reading the suggestion in last week's issue of your paper desiring the returning transports to bring back German prisoners to work on our farms, I wish to advance this suggestion, that I am sure will meet with much better approval among your readers.

The suggestion is this: Instead of filling up our country with men who for a few dollars of the kaiser's propaganda money would at the first opportunity blow up our munitions factories, create strikes, try to dynamite our troop trains and put ground glass in our horses' feed, I wish we might reverse the idea and have enough ships to transport all the pro-Germans already here back to the fatherland, where they belong.

Besides, from the experience of Belgium and France, no woman would be safe on these farms with German prisoners about. A Feminine Patriot.

### WHITE SALMON.

(From the Enterprise)

Several loads of heavy machinery consisting of engines, boilers and planers are being hauled through town this week from the White Salmon depot at the new saw mill at Laurel.

Persons now wishing to go to the county seat must take the 10:47 a. m. train at the local depot, as a change has been made in the time of the Goldendale train leaving Lyle. No connections can now be made by taking the through noon train here.

Graveling of the first unit of the improvement of the Snowden road is under way. Gravel being taken out of the pit in town is being hauled on the Snowden road leading out of town, and just beyond the city limits. The work will now be pushed as fast as possible during the good weather.

Despondency Due to Constipation

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The mouth is the gateway of the body. It is good teeth, good mastication, digestion, nutrition, energy, health and happiness. Few mothers fully realize their responsibility for the injury likely to result if their children's teeth do not receive proper attention and care.

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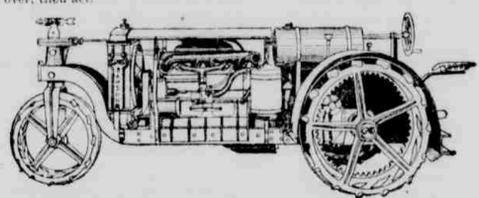
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Last week a rancher begged us to plow his 15 acres with the Samson, another was hopelessly seeking a tenant, while we hear continually, "I wish some fellow would get a tractor in our neighborhood." What's the problem? How solve it? What about forming a tractor club? Think it over, then act.



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